



Erie County Stay Fit Dining Program

Frozen Meals Menu – August 2021



The Erie County Stay Fit Dining Program is pleased to offer the 3-, 5-, 6-, 8- or 10-pack varieties of Frozen Meals through the Frozen Congregate Meal Program. The 3-, 6- and 8-pack meals will have some combination of the meals offered in the 5-pack meals. The 10-pack will have 2 identical 5-packs. A roll, milk and dessert are included with each meal. ***Please remember that a contribution of \$3.00 per meal (\$9.00 per 3-pack, \$15.00 per 5-pack) is suggested, but any amount is appreciated and goes toward the improvement of the meals. Thank you in advance for your contribution!***

Meals for Week of August 2nd

Turkey with Gravy, Mashed Potatoes, Carrots

Beef Pepper Steak Casserole with Rice, Broccoli

Pasta with Tomato Sauce, Meatballs & Mozzarella Cheese, Country Cottage Mixed Vegetables

Pork Loin with Cranberry Chutney, Sweet Potatoes, Green Beans

Beer Battered Fish, Au Gratin Potatoes, Zucchini & Stewed Tomatoes

Meals for Week of August 9th

Pulled Pork with Gravy, Brown Rice, Vegetable

Tortellini with Meat Sauce, Spinach, Italian Mixed Vegetables

Chicken Tenders, Tater Tots, Mixed Vegetables

Hamburger with Gravy, Scalloped Potatoes, Peas

Chicken with Basil Cream Sauce, Spinach, Butternut Squash



Meals for Week of August 16th

Pork Loin with Gravy, Mashed Potatoes, Broccoli

Breaded Chicken Patty, Cauliflower, Green Beans

Navy Bean Soup, Sweet Potatoes, Brussels Sprouts

Polish Sausage with Sauerkraut, Cheesy Potatoes, Broccoli

Meatballs with Gravy, Pasta, Mixed Vegetables

Meals for Week of August 23rd

Chicken Vegetable Casserole with a Biscuit, Broccoli

Hot Dog, Corn, Carrots

Pork Loin with Herb Gravy, Mashed Squash, Creamy Dill Cabbage

Lasagna Roll with Meat Sauce, California Blend Vegetables, Green Beans

Hamburger with Swiss Gravy, Mashed Potatoes, Peas

Meals for Week of August 30th

Cheese Omelet with Cheese Sauce, Tater Tots, Peppers, Onions & Tomatoes

Chicken Breast with Gravy, Mashed Sweet Potatoes, Peas

Italian Sausage with Tomato Sauce & Mozzarella Cheese, Broccoli, Zucchini & Summer Squash

Pork Ribette with Gravy, Lazy Pierogi, Carrots

Teriyaki Beef Strips, Oriental Mixed Vegetables, Cauliflower

(Menus are subject to change)

